

The Electronic Systems Center's *Hansconian*

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Warfighter ...

Jumper shares lessons from Kosovo during Electronic Systems Center visit

by **Kevin Gilmartin**
ESC Public Affairs

The new commander of Air Combat Command visited Hanscom March 8 to learn more about Electronic Systems Center's efforts to integrate Air Force command and control systems and to share his insight as a warfighting commander with the developers of command and control.

Gen. John P. Jumper, who assumed command of ACC in February after serving as commander of U.S. Air Forces in Europe and Allied Air Forces Central Europe, also took time out during his visit to address a packed Base Theater audience on his experiences in last year's Kosovo conflict.

"It's always been my style to get down to the people who are doing the work and are sometimes far removed from seeing what their stuff actually does out there in the combat world," General Jumper said during a Hansconian interview. "And, especially [to meet] the great civilians we have here, who have applied vast amounts of brainpower to this problem for a long period of time. They rarely have the chance to go out and see the effects of their work. It's a pleasure for me to come here and thank them for all they do for their nation, and to tell them that what they do is extremely important."

But there is still "a long steep hill to climb to get where we need to be," in command and control he said.

During his interview, the general shared his thoughts on a number of issues, including his experiences in Kosovo, and where he thinks command and control should be headed for future operations.

"I think we have just proven in Operation Allied Force that we've elevated ourselves to a new plateau in the requirement for command and control, in that, our traditional cycle of planning and execution has been altered forever by the need to be much more aware of collateral damage and by the need to be able to deal in this urban warfare environment, which is what we were dealing with in Kosovo," the general said.

"In Kosovo," he said, "we were faced with squads of assassins and

house burners and heavy equipment hidden among buildings and villages. We need to be able to identify beyond a doubt who are the good guys and the bad guys and be able to in a very timely manner deal with these fleeting perishable targets. It demands a new level of precision in our command and control and our battle management."

General Jumper also spoke of what the Air Force, as an Expeditionary Aerospace Force, will require from command and control. "The expeditionary forces that deploy need to have access very quickly to whatever intelligence, surveillance and reconnaissance means are available to focus on the problem they are dealing with," he said.

General Jumper also commented on Expeditionary Force Experiment 98, and Joint Expeditionary Force Experiment 99, as well as where he feels future experiments should be focused.

"The first experiments were instructive and helpful," he said. "My assessment from watching the first two is we were sort of in an information gathering mode and we invited all comers to participate. Now, in 2000 we really need to tighten up the concept of operations, so we are truly focusing on two, three or four things, with an eye toward making them suitable to put into the field."

The general also stressed the importance of modeling and simulation for command and control programs.

"We have to model this stuff and provide the simulation so that it comes alive to the people that have to fund it," he said. "There's nothing less exciting than sitting in the Air Force Council in Washington and listening to the latest command and control idea, without an explanation of how it fits into a concept of operations."

Understanding the concept of operations is especially important in the integration of command and control systems, the general said.

"Everyone thinks integration comes for free, so these are the things we have to work on institutionally in the Air Force. And it's made doubly hard by the fact that we are in very difficult times budget-wise."

—————**See Jumper (page 13)**



Four-star visit

In photo at left, General George T. Babbitt, commander of Air Force Materiel Command, cuts the ribbon on Hanscom's new Lexington Amphitheater along with Lou Michaud. General Babbitt (below) meets with Lt. Gen. Leslie F. Kenne, Electronic Systems Center commander, Capt. John Hammer and other junior officers and their mentors at a luncheon Monday. This was General Babbitt's last Hanscom visit prior to his retirement April 20. (Photos by Linda LaBonte Britt)



Hanscom to kick off Military Training Days

by **Tech. Sgt. Scott Lewis**
ESC Public Affairs

The first Friday of every month has been designated a military training day by Electronic Systems Center Commander Lt. Gen. Leslie F. Kenne.

This is in response to a recent directive issued from the Air Force Chief of Staff Gen. Michael Ryan, and concurring guidance from Gen. George T. Babbitt, commander, Air Force Materiel Command.

These training days are being used to

augment the Airman's Manual as well as reinforce the Expeditionary Aerospace Force concept.

"I expect all commanders, directors and supervisors to support this important program by setting aside these Fridays for military training," said General Kenne. "Having trained and prepared forces is paramount in any conflict. Knowing what needs to be done and how to do it correctly instills both pride and confidence."

General Kenne appointed the ESC
—————**See MTD (page 15)**

Straight Talk

Straight Talk provides two-way communication between the 66th Air Base Wing commander and people on base.

A 24 hour-a-day telephone line and E-mail account (Hanscom STRAIGHT TALK) are set up as ways for Hanscom's population to submit questions, complaints or comments, anonymously, if desired. All concerns are personally reviewed by the wing commander.

However, the quickest and most efficient way to communicate comments or complaints is to go right to the source. To assist you, we've listed points of contact and telephone numbers for several key support organizations.

Also, don't forget your supervisor, commander or first sergeant. They're there to help you.

If you are not satisfied with the



Col. Chris T. Anzalone
66th Air Base Wing commander

response you receive, or are unable to solve the problem, please call the Straight Talk hot line at 3-3732.

■ 66th Air Base Wing Vice Commander	
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■ 66th Support Group Commander	
Col. Robert R. Tovado.....	3-2302
■ ESC Command Chief Master Sergeant	
Chief Master Sgt. Frank W. Holmes Jr.....	3-5115
■ 66th Medical Group Commander	
Col. Charles Armstead.....	3-4703
■ 66th Civil Engineer Squadron Commander	
Lt. Col. Thomas J. Schluckebier.....	3-3526
■ 66th Services Squadron Commander	

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Lt. Col. Denise Taylor.....	3-7500
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Lt. Col. Frank Rechner.....	3-3461

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Submitting articles

Articles must be submitted by e-mail to hanscom_hansconian@hanscom.af.mil or brought in on a 3.5-inch floppy disk or a zip disk to Bldg. 1606, Room 110.

Submissions must be received at least one week prior to each Friday's publication.

Paid ads

To purchase a display ad call Kurt Anderson at 978-371-5713.

Classified ads

Hansconian free classified ads are available to anyone affiliated with the base. Ads run for two weeks.

Business and rental ads are available for a fee. Call (781) 433-7940.

To place an ad, first complete a classified ad form. Forms are available in the ESC Public Affairs Office, Bldg. 1606, Room 109.

Next, mail the form through BITC to ESC/PA, fax a copy to Theresa Feely at 3-5077 or hand-carry it to the above location. Deadline is noon Friday.

For more information, call the Hansconian office at 3-3912.

Delivery problems

Call 1-800-722-1914 for problems newspaper delivery to base housing and call 3-3912 for problems with delivery to base buildings.

Hansconian On-line

Visit the Hansconian on the world wide web at www.hanscom.af.mil/Hansconian

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Commentary

Clubhouse waiting list

Question: We moved to Hanscom in November and placed our son on the Clubhouse (a program for school-age children) waiting list and were told the wait would be about six weeks. We were only able to find one on-base child care provider who was willing to accept him.

This was supposed to be temporary pending the Clubhouse acceptance.

Currently, we are still on the waiting list with no end in sight and our daycare provider is losing her patience. Obviously, my wife could quit her current job, but we would prefer that not happen.

Is there any good news about the clubhouse?

One chief explains why “Future Force” is key to Air Force, seeks involvement

**by Chief Master Sgt.
Ronald G. Kriete**
Air Combat Command

I am often asked about the Air Force and what makes it so successful in transforming young men and women into self-assured, responsible and courageous leaders. And I tell them, it's because from the moment we raise our hands and recite that patriotic oath at the time of our enlistment; we fervently believe that we belong to a cause that is larger than ourselves.

The words, “... I will support and defend the Constitution of the United States against all enemies, foreign, and domestic ...,” reminds us that when we took our oath, we pledged our allegiance to the Constitution and the nation — they are what we serve. Do you remember the place and time when you recited those words? The lump in your throat, as you committed your life to preserve the rights and freedoms of others? Well, maybe you didn't know this, but our Air Force is having a difficult time getting our nations' citizens to take on that noble and courageous call to duty.

Our Air Force has issued a call

to help bring in new recruits. Whether you realize it or not, each and every one of us owes it to our nation to keep a strong and viable Air Force. We can do this by remembering we are all recruiters and we unknowingly recruit all the time. Anytime someone knows you are involved with the Air Force, active duty or civilian, you are recruiting. Every conversation you have, even the most casual conversation while you fill your vehicle with gas or order at a fast-food restaurant, can have a far-reaching impact on recruiting. Wearing your uniform proudly as you travel from one TDY location to another can unknowingly place that patriotic seed in someone's mind and make them think about the Armed Forces, specifically the Air Force, and their call to duty.

We at Davis-Monthan are fervently taking on this issue. Our program to get new recruits into the Air Force is called “Future Force.”

We are implementing this in every squadron by having them adopt a high school. The objective is to get out there and show these high school students what the Air Force has to offer. You, too, can sign up through your

Response: Hiring and retaining daycare staff has been a long-term problem for us at Hanscom.

As a result, the Clubhouse has not been able to open all of its rooms.

The 66th Services Squadron has worked hard to revise the salary and benefits package, and has successfully hired enough new people so that the Clubhouse is only one staff member short of being able to open another room.

The good news is that there is a recent applicant in training right now, and the Clubhouse anticipates opening another classroom by mid-April.

At that time, Clubhouse managers will begin calling families in order of priority and waiting list status.

squadron POCs to give speeches at the schools, bring interested students to your work place for a tour, or talk to informal groups. Whether you're career Air Force or serving one or two terms, we need you to get involved. Civilians, officers and enlisted — take on the challenge of “Future Force” and recruit one new person to active duty! To find out how you can get involved or assist in this noble and worthwhile cause, call your local recruiting office.

Twenty-plus years ago when a young man walked into my high school wearing his sharp, crisp, professional-looking uniform, little did I know that would be a turning point in my life — to serve my country.

When I raised my hand and pledged my allegiance to my country, I became the “Future Force,” — that was “then.” It is now our turn to ensure the most respected Air Force around the world has a “Future Force,” — right now. Commit to this worthwhile cause and make a difference. You'll be glad you did.

(Chief Kriete is the command chief master sergeant, 355th Wing, Davis-Monthan AFB, Ariz.)

Everyone who owns a blue suit must participate in Training from the Airman's Manual

The Military Training Day will be conducted on the first Friday of every month as mandated by Lt. Gen. Leslie F. Kenne, Electronic Systems Center commander.

The training for April 7 is:

- ☐ Law of Armed Conflict briefing is scheduled in the Base Theatre at 8:30 a.m. and 1:30 p.m. Page 18 of the manual has this information.
- ☐ Host nation sensitivities located on page 19 of the manual.
- ☐ Pallet construction located on page 21 of the manual or a demonstration in Education Center parking lot.

Did you know ... that non combatants include civilians, sick and wounded, medical personnel, POWs and chaplains.



Global Grid makes it easier to 'reach out and touch someone'

by Roy K. Heitman
ESC Public Affairs

"Global Grid is the glue that will fasten all command and control systems together," said Product Area Director Joe Mardo to describe how the joint system will fit into Department of Defense command and control infrastructures.

Global Grid is a concept that will allow military users to connect to the network generically and communicate between two or more points anywhere in the world. This will happen seamlessly without having to do information transformations.

"Global Grid is a major enabler for all the command and control systems that will allow information, not data, to be moved," Mardo said. Among other things, it would prevent problems that arose in the past when services could not communicate with each other in a battle zone.

At the Department of Defense level, the program is called the Global Information Grid, but is conceptually the same.

"Global Grid figures prominently into Joint Vision 2010," said Harry Gong, a MITRE employee who is chief engineer for the Global Grid Product Area Directorate. "Joint Vision 2010 was created as a DoD vision of how the services will wage war in the 2010 era and what all the supporting command and control elements need to be."

But there are a number of pot-holes in the road to seamless com-

munications. Among the obstacles are the many disparate, mission-specific communication links used that have little interconnectivity with ad-hoc security approaches. In other cases, some airborne platforms have insufficient communications. These include limited beyond line-of-sight communications and voice line-of-site radios or closed data links.

Also causing problems is a communications infrastructure that cannot adapt to changes in missions in a timely fashion and does not allow for technology changes to be incorporated easily.

To counter these and other problems, Global Grid must connect all centers and platforms, making them "addressees" on the net. "The system will be affordability-driven, rather than requirements-driven," Mardo said. "It will give us as much capacity as we can afford."

The network will also be modular and reconfigurable to meet changing user needs or battlefield conditions and provide for rapid technology insertions.

It will also provide security protection matched to the threat.

"To build Global Grid we need a set of ground rules or an architecture," said Mardo. "We're building one to define how we create this Vision."

"Another major piece is technology that we'll need to bridge some of the gaps that exist now. We'll also need to manage our programs to give us the information dominance that we are looking for," Mardo said.

"We have an architecture for Global Grid that is available to program office at Electronic Systems Center as a guidance document. We apply it to ourselves and use it as we work with other organizations such as Air Force Communications Agency."

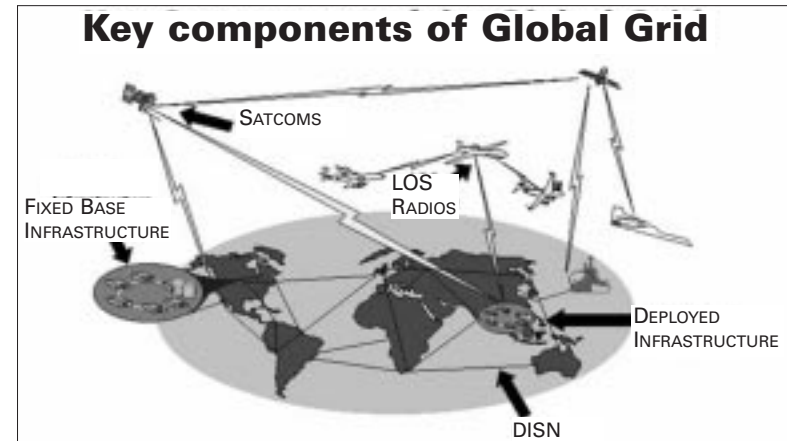
The program offices will build their investment strategies and future "road maps" to be compliant with the architectures, and produce the integrated and interconnected systems needed to achieve the seamless communications network known as Global Grid.

"We will use commercial systems when it is appropriate," Gong said. "Military type systems will be used when there is no alternative but we'll include advanced commercial technologies."

"Whenever we build a system it will be built to standards that will allow interconnectivity. To do this, we'll define the architecture in 'layers,'" Gong said. "When a change is needed, for new technology for instance, we can change a layer without impacting any other layer. In the past, we often needed to change the whole system to take advantage of new technology."

"We are going to fundamentally change our way of thinking, across ESC, to a layered concept of architecture. Commercial folks have been doing this for years and we are going to leverage that."

Doing this on all programs will take time, mostly because of funding constraints. Program officials expect the ground networks will move relatively quickly but for airborne systems it could be 10



years or more.

"When Joint Vision 2010 was created, the Air Force decided it needed to build not individual systems, such as Joint STARS or AWACS, but to build an integrated command and control system," Gong said, "taking all these pieces and make them work as a single weapons system."

Global Grid is the enabler of this integrated command and control system.

"At ESC, one of the big drivers is to integrate our programs to produce this single weapons system. "Even though we're still implementing individual programs, we have to find way of linking them together to create this integrated command and control system," Gong said. "Global Grid is the fundamental underpinning that will enable these systems to talk to one another."

"There's a lot more to interoperability of these systems than just the communications, but if you don't have the communications,

then you don't need to worry about whether or not two systems are talking to each other compatibly."

A fundamental tenet of the directorate is using the commercial model of layering that will allow it to fit commercial products in and out easily. "When we need to upgrade we can do so more cheaply because the layers will come in and out," Mardo said.

"By using as many commercial applications as we can, we will be able to put our investment dollars into military unique items and buy as much bandwidth as we can afford," Mardo said.

Bandwidth is expected to be plentiful on the commercial side in the foreseeable future. This was not true in the past as fundamental technology issues limited satellite communications. The limiting factor will be dollars.

The Global Grid directorate is part of the Defense Information Infrastructure Program Office, headed by Matt Mleziva.

Hanscom awards \$11 million energy savings contract to Xenergy

Hanscom awarded its first task order to Xenergy Inc. under a revolutionary type of performance contract, called an Energy Savings Performance Contract, Feb. 15.

This new type of contract pays for projects out of the utility savings reaped when the project is completed.

"As a simplified example; the base asks Xenergy Inc. to replace some lights with more efficient ones," said Hanscom's energy manager, Mark Lukitsch of the 66th Civil Engineer Squadron. "Xenergy researches the proposals and agrees to accept it. The company pays for replacing the lights, then charges the base for materials and labor. The higher efficiency lights reduce the base's electricity bill and the savings go to Xenergy Inc."

"The base immediately realizes energy savings and any environmental benefits," Mr. Lukitsch said. "The government eventually realizes lower utility costs after the project is paid for. If, for some reason, the new lights do not reduce the electricity bill, the base does not have to pay the company.

The actual process is far more complicated, but this example illustrates the concept."

Civil engineering officials said this first task order did not come easily. Civil engineering, contracting, legal and financial management worked since March 1997 to implement it. Hanscom is using a 46-state Army contract administered in Huntsville, Ala.

"The greatest challenge was getting everyone up to speed on how it works, because it is new and different," Mr. Lukitsch said.

This first delivery order authorizes the performance of five separate projects. First, about 18,800 lighting fixtures will be replaced or retrofitted with high efficiency ballasts and bulbs. This project will impact almost every building on base, including housing units. Building managers and housing occupants will be contacted before work begins.

Civil engineering officials believe most people will be happy to have new brighter lighting. Tests show lighting that

approaches normal daylight increases personal psychological comfort.

Xenergy Inc. performed a sample housing unit lighting installation at 4-A Langley Road. Each new fixture increased the light levels 20 to 30 percent. Each also has an instant start ballast, so there is no flicker when the light is switched on.

The project will only replace ceiling and wall mounted permanent fixtures.

Personally owned fixtures, table lamps, chandeliers, fans, etc. will not be touched.

The new fixtures will reduce electricity consumption, normally increase light levels and make maintenance easier.

Letters will soon be sent to all housing occupants to explain the project further.

The second project upgrades the energy management control system in buildings 1107, 1302-FA, 1305 and 1618. The new system improves comfort, lowers maintenance material costs and improves operational information while saving energy.

Local heating and air-conditioning controls will be improved in 16 smaller buildings

as part of the third project. "Again, this should improve occupant comfort while allowing for building temperature nighttime setbacks saving a great deal of energy," Mr. Lukitsch said.

Next, Xenergy will rehabilitate Bldg. 1508's (the Photo Lab) air-conditioning and heating system. "From new air handlers to steam system coil replacements, this project will fix it all," he said. "This project will definitely improve occupant comfort."

In addition to Xenergy paying the up front costs for the projects, Boston Edison intends to rebate Hanscom more than \$700,000 as an incentive for performing electricity-saving projects.

"Xenergy Inc. is going to do numerous projects to decrease the base energy consumption by about 5 percent," Lukitsch said. "In return, the base will receive newer installed equipment, improved occupancy comfort and, eventually, energy bills that are lowered by as much as \$885,000 per year."

For questions regarding the energy saving program, call 3-4481.

Providing medical assistance as nurses or disguising themselves as men to fight in the earliest of America's battles, women have struggled from the beginnings of this country to become equals, to become ...

Women in the Military

by **Staff Sgt. Bonnie Hernandez**
Social Actions

Women have served this country in various capacities since its founding.

There have been those who provided medical assistance as nurses and others who fought alongside their male counterparts disguising their gender.

It was not until the beginning of this century that women were given the opportunity to officially serve in uniform.

The percentage of women in the military remained constant from World War II to the Vietnam conflict, generally less than 2 percent.

But by the 1970s, the percentage of women increased drastically. Today, more than 14 percent of the services consists of women.

During World War I women officially served in the Navy, Marine Corps and the Army Signal Corps.

Most served in clerical positions or as nurses.

For the first time, 25,000 women, including 15,000 civilians served on foreign soil. By the end of the war, the Army Nurse Corp had grown from 400 to 20,000.

During that same period, the Navy Nurse Corps grew from 400 to 1,400, and the combined female population of the Army, Navy, Navy Nurse Corps and the Coast Guard totaled 34,000 by the end of the war.

However, after the war the women who had enlisted were demobilized. The wording in the 1916 Naval Reserve Act, which had allowed women to join, was changed back to "male citizens" only in 1925.

Women weren't allowed to re-enter until World War II. Then they were allowed into nontraditional career fields such as auto mechanics, truck drivers, pilots, radio operators and cryptographers.

As a result of their services more men were able to serve in combat. This was the primary purpose of recruiting women.

One of the most notable groups of women who served in nontraditional roles in World War II was the Women Airforce Service Pilots or WASP.

These women risked their lives by flying in all kinds of weather and at times in planes with mechanical problems. These women flew every type of newly manufactured aircraft to various airbases in the United States, and sometimes lost their lives in the line of duty.

Along with their service in nontraditional roles, women also served in traditional roles.

Captain Annie Fox received the first Purple Heart ever awarded to a nurse, for her service during the attack at Pearl Harbor.

Women nurses served in Africa, Italy, Normandy, England and the Pacific.

They served on hospital ships in Alaska, Australia and other places throughout the world.

By the end of World War II more than 350,000 women had served in the military.

General Dwight D. Eisenhower knew women were successful in non-traditional jobs and supported the integration of women into the military.

He learned that British women did well in antiaircraft



units against the Luftwaffe and wanted to test the abilities of American female reservists in these types of units.

As part of a then top-secret project, women filled over half of the positions in two antiaircraft batteries, even though they were neither trained nor allowed to fire the weapons.

The results of the study showed that units with a 50-50 gender mix outperformed male-only units and were highly cohesive.

The testimony of senior military leaders who favored allowing women in the military was challenged by conservative members of congress lead by Carl Vinson of Georgia.

He later softened his position and proposed an amendment that would limit where and how women would serve.

This amendment limited the number of women who could serve to two percent and capped their rank to O-6.

The Women's Armed Services Act of 1948 authorized women in the military and along with the 2 percent ceiling, women were discharged if they got pregnant or had dependent children.

In 1951, Secretary of Defense George Marshall became concerned about the Service's inability to recruit women and formed a committee of 50 prominent women.

The committee was called the Defense Advisory Committee

on Women. They were tasked to inform the public of recruitment for women, reassure parents of supervision of young women, tell young women about career opportunities and raise the prestige of military women in the military.

In 1967, Public Law 90-130 lifted the 2 percent cap on women and related restrictions on promotions were lifted.

Within four years the first woman was promoted to Brigadier General.

In the 1970's women's roles continue to expand.

From 1973 to 1976, all services trained women as non-combat pilots.

In 1974, the first female helicopter pilot was flying in the Army.

In 1976, women were admitted to the military academies.

In 1979, a Coast Guard officer was the first woman to be in charge of a military vessel.

In 1989, an Air National Guard woman completed the Air Force Test Pilot School.

The first woman Army battalion commander of an aviation unit received her position in 1991.

In 1993 congress eliminated the combat exclusion law and training for women in these positions was initiated.

In 1994 additional jobs were opened to women with the elimination of the "risk rules."

Currently women are prevented from serving in units directly engaging the enemy in ground combat and areas with a high potential for direct engagement with the enemy.

Specific service restrictions also exist. These occur when the Service Secretaries attest that the costs of appropriate berthing and privacy arrangements are prohibitive; units and positions are doctrinally required to collocate and remain with direct ground combat units; units are engaged in long-range reconnaissance operations and Special Operations Forces mission; and job related physical requirements would necessarily exclude the vast majority of women service members.

Today in the Army, 97 percent of officer career fields and 83 percent of enlisted career fields are opened to women.

In the Navy, 66 percent of the careers on combatant ships are opened to women, however submarines and small ships remain closed because of berthing and privacy issues.

Sixty-two percent of the officer and enlisted occupations in the Marines are opened to women. However, 38 percent are closed due to combat restrictions.

More than 99 percent of Air Force positions are opened to women. Fighter, bomber and special operations aircraft make up the majority of the closed positions.

The Coast Guard is the only service that has removed the legal institutional practice of discrimination based on gender.

(Information provided by Defense Equal Opportunity Management Institute Heritage Series Pamphlet 00-4.)

Hanscom scientist receives IEEE Millennium Medal

Dr. Edward E. Altshuler of the Air Force Research Laboratory Electromagnetics Technology Division has received the Institute of Electrical and Electronics Engineers Millennium Medal in recognition for his outstanding contributions to the IEEE Boston Section.

These medals are being awarded "In celebration of the Third Millennium."

Dr. Altshuler has been a member of the Boston Section, which has more than 10,000 members, for over 45 years. He has served the Section as chairman of the Antennas and Propagation Society in 1964, as chairman of the International Antennas and Propagation Society Symposium in 1968, as chairman of the Boston Section Fellows and Awards Com-

mittee in 1993 to 1994 and as chairman of the Boston Section in 1995 to 1996. He was elected a Fellow of the IEEE in 1984 and is currently chairman of the Boston Section Life Members Chapter.

Dr. Altshuler received a B.S. degree in physics from Northeastern University in 1953, an M.S. degree in physics from Tufts University in 1954 and a Ph.D. in applied physics from Harvard University in 1960. Before joining Air Force Cambridge Research Labs at Hanscom in 1960, he was employed by Arthur D. Little, Massachusetts Institute of Technology and Sylvania Electric. He left AFCRL in 1961 to become director of Engineering at Gabriel Electronics, but later returned to AFCRL in 1963 as chief of the Propagation Branch,

serving there from 1963 to 1982. He was also a lecturer at the Northeastern University Graduate School of Engineering from 1964 to 1991.

Dr. Altshuler was Associate Editor of Radio Science from 1976 to 1978 and is a member of the International Radio Scientific Union. He has served on the Air Force Scientific Advisory Board and was Chairman of the NATO Research Study Group on Millimeter Wave Propagation and Target and Background Signatures from 1974 to 1993. He was President of the Hanscom Chapter of Sigma Xi during 1989 to 1990. He received the IEEE Harry Diamond Memorial Award in 1997. Dr. Altshuler has over 100 scientific publications, patents and presentations.



Dr. Edward E. Altshuler

AF selects 20 ESC master sergeants for promotion

by Tech. Sgt. Scott Lewis
ESC Public Affairs

The Air Force released the senior master sergeant promotion list Wednesday with 20 Electronic Systems Center master sergeants appearing on it.

Out of 17,812 eligibles, the Air Force selected 1,405 master sergeants to advance to the next grade which represented a selections rate of 7.89 percent.

This percentage is a slight decrease from last years rate of 7.98 percent, but is still well above the TOPCAP objective of 6 percent.

The average total score of selectees during the cycle was 664.69. Average selectee score breakdowns are:

- 37.70 points, time in grade
- 20.34 points, time in service
- 134.98 points, performance reports
- 18.53 points, decorations
- 65.16 points, U.S. Air Force Supervisory Examination
- 387.98 board score.

The average selectee has 5.32 years time

in grade and 19.30 years time in service.

The following Electronic Systems Center master sergeants were selected for promotion to senior master sergeant:

- ESC: Thomas F. Cronan, Beverly A. Holt and Duane K. Bateman
- 66th Air Base Wing: Daniel E. Mazzuca, Stephan C. Tupeck and Frank L. Perry Jr.
- Defense Finance and Accounting Service, Limestone, Maine: Edmund M. Kertulis and Robert H. Price
- 23rd Space Operations Squadron: Samuel L. Foster
- 319th Recruiting Squadron: Richard J. Demarti
- 38 Engineering and Installation Group, Tinker AFB, Okla.: Glenn A. Diaz, Troy B. Ward, Kyle M. Alvoet, Van Johnson, Daniel S. Cormier and James E. Faulkner
- Standard Systems Group, Maxwell AFB, Ala.: Gregory E. Harris, Evorn Jackson, Juanita S. Shover and Leroy E. White Jr.

The complete list of selections will be posted on the AFPC home page by close of business today.

Senior master sergeants to attend SNCO Academy

The senior master sergeant selects automatically receive a school quota. Out of the senior master sergeant non-selects, a list of 360 primary and 720 alternates are selected to attend the Senior NCO Academy in residence. This list will be released in conjunction with the senior master sergeant promotion list.

Selections are based on a combination of individual board score and supervisory examination. Specific class dates for primary selectees are assigned in April, and they'll attend SNCOA between November 2000 and September 2001.

For information on the senior master sergeant list or the SNCOA, contact your local military personnel flight.

AFAF supports retirement home

by Airman 1st Class Theresa Ide
ESC Public Affairs

Working toward reaching its goal of \$25,540, Hanscom kicked off the Air Force Assistance Fund campaign Feb. 28.

Not to worry though, the campaign runs until March 31 – leaving two more weeks open for contributions.

The General and Mrs. Curtis E. LeMay Foundation is one of the four charities that benefit from the campaign contributions.

Since not all indigent widows or widowers want, or are able to move to a retirement home, the LeMay foundation provides rent and financial assistance to indigent officers and enlisted widows or widowers in their own home and community, according to a recent release.

Last year the LeMay foundation received \$.29 million, which was 8 percent of AFAF contributions.

For information about the foundation, visit their website at www.afvw.com/lemay.html.

For information on the campaign or to contribute, contact your unit project officer, or 1st Lt. Jeannie Connor, installation project officer, at 3-4091.

On-line shopping comes to base

by **Vickie J. Bauer**
Base Supply

In a few months, base organizations will be able to purchase individual equipment direct from its manufacturer compliments of the Defense Logistics Agency's "electronic mall."

In August 1999, AFMC estimated over 98 percent of individual equipment could be procured locally or via the DLA's e-mall, which can be found at <http://www.emall.dla.mil>.

As with office supplies, the method of payment is via the IMPAC card.

There are several advantages to using the DLA's "e-mall". The first is that items are delivered direct to the organization and the using organizations can specify how fast items are delivered.

Previously, individuals were at the mercy of the MILSTRIP requisitioning system and stock fund authority of when and if supplies would be ordered.

To provide a smooth transition to the e-mall system, base supply will individually contact units to provide training on the ordering process from DLA's e-mall.

For information, or to start the process earlier (direct delivery is faster than through the normal supply channels), call Vicki Bauer at 3-4049.

Store offers free home improvement help

by **Senior Airman Jason J. Ide**
ESC Public Affairs

Spring seems to have arrived at Hanscom and with the warmer weather people start to think about fixing up their houses and yards, but to do that a person needs tools and supplies.

Such items are expensive and sometimes difficult to find, but the Air Force offers people who live on base an opportunity to get many of the things they need for their homes and yards for free.

The Base Self Help Store, Bldg. 1811, 121 Grenier Street, located in the Civil Engineers section of the base, is the place to go for home and garden equipment and supplies.

The Self Help Store, which has been open at Hanscom for 3 years, supports military members who live on base as well as the building managers on base with small self help projects or do it yourself projects.

"We give advice as to what they would need for a certain project," said Robert R. Ryback Jr, Self Help Store clerk, "and we provide them with the tools they would need for that project. We also provide books as well as videos to help them through their project safely."

The store offers shelving, window shades, grass seed, fertilizer, topsoil, mulch, light bulbs, power tools, hand tools and other accessories for the home or garden.

"All of these items are free or free to rent," said Mr. Ryback, "our customers pay for nothing, that's why it's such a help to the troops, because everything is free."

To sign out equipment all people have to do is sign an AF Form 1297," said Mr. Ryback. "They get the equipment for a three-day period with the option to extend for another three days."

"If you're new on base, before you go spend your hard earned money at a hardware store, come down to the Self Help Store and see what we have to offer first," said Mr. Ryback.

The store is open Monday through Friday from 7:30 a.m. to 4:30 p.m. and Saturdays from 9 a.m. to 1 p.m.

For information call the store at 3-8225 or people can stop by and see what they have for themselves.



photo by Senior airman Jason J. Ide

Robert R. Ryback Jr, Self Help Store clerk, cuts a window shade to fit for one of the stores customers home window. Not only does the store offer free rentals and supplies, but will also do some custom work like this for their customers.

Family Support Center offers more reasons to look forward to spring

by **Dawn Andreucci**
Family Support Center

There are some workshops coming to the Hanscom community this spring designed to motivate, educate, challenge, delight, empower and entertain.

On Monday, the Family Support Center is featuring Rich Catrambone, one of its inspirational speakers, with a presentation on change management, "How to be the master of your destiny."

Mr. Catrambone will discuss how to effectively manage job and life changes, techniques for coping with and thriving through the change process, and how to turn change into opportunity and take back control of our own destinies.

The FSC has Jane Epstein of Concord Family Service coming on Monday and Tuesday for a two-part workshop called "He Said, She Said."

Ms. Epstein will focus on the differences and similarities in communication style between genders, suggest how each can communicate more effectively and help to achieve the goal of understanding

what he or she really said.

Thursday, the FSC welcomes back a speaker who has authored a parenting book and appeared on national talk shows. Lexington psychologist Dr Jacob Azerrad will tell how "Anyone Can Have a Happy Child."

Dr. Azerrad will discuss what makes a child really happy, how to help children develop feelings of self-worth, and how to effectively address a variety of problems, from sibling rivalry to defiance.

In April, the FSC explore the "World of the Toddler," and find out "How to Live Almost Happily with a Teenager," with Peter Griffiths of Counseling and Prevention Service who consistently earns "great workshop" raves from attendees.

Discover the challenges, joys and rewards of raising sons and raising daughters with another very highly rated presenter, Sue Spielman of Jewish Family and Children's Service.

Dr. Kathleen Reardon of Simmons College will also visit for her annual workshop on "Stress and your Child:

Helping Kids Cope with the Pressures of Life."

Continuing with the four monthly support and education programs, "In step," for stepparents and "The Single Parent Workshop Series," (both featuring guest speaker Patricia Marquis), "Hearts Apart," for spouses temporarily separated due to extended TDYs, deployments, or remote tours, and the "Single Parent Social Group."

At the end of April, Christine Gerzon will present a workshop called "Not just Child's Play: The Impact of the Media on the Lives of Children."

Ms. Gerzon is an educator, writer, relationship coach and nationally recognized workshop leader.

She is an expert in education, relationship and family issues. Ms. Gerzon gives workshops throughout the country for both teachers and parents on the influence of the media on the lives of children.

She has been interviewed about her work with children on CNN.

Ms. Gerzon is a board member of TRUCE (Teachers Resisting Unhealthy

Children's Entertainment), a national grassroots organization dedicated to raising public awareness about the negative effects of entertainment violence on children, and is the co-author of an action guide distributed by the Massachusetts Medical Society called Help Children See Through Media Violence.

In "Not Just Child's Play" an informal, interactive workshop, Ms. Gerzon will look at the profound impact TV, video games and movies have had on children and the tremendous challenge this presents for the adults who care for them.

She'll demonstrate the pervasive influence the media has had in altering the landscape of childhood, and discuss what lessons children are learning from this powerful electronic teacher.

Ms. Gerzon will also provide some practical strategies that may be used to counteract the negative effects of the media.

For a complete schedule and to register for any of the above workshops, call the Family Support Center at 3-4222.



(clockwise from top left) 1. Patrick Burke and Robert J Noriega celebrate after Burke wins one of the races that made him the pack's overall winner. 2. Rick Lynch, master of ceremonies, holds onto the track as Matthew Ranney places his car on the track for a run. 3. Eliot Savage, carrying the American flag and Alex Paris leads the scouts out to the track. 4. Paris gives the Boy Scout salute. 5. Kathy Schnepf, cub master, gives the scouts a pep talk during the derby. (photos by Linda LaBonte Britt)



Cub Scouts earn Pinewood Derby merit badges

by Linda Reed
Cub Scout Pack 173

Cub Scout Pack 173 held its annual Pinewood Derby Saturday.

Cub scouts, with the help of their parents, were given a Derby kit, which consisted of a block of wood and plastic wheels, to transform into a racecar.

"The Derby was a great opportunity for parents to spend quality time with their children. The boys were taught the proper use of hand tools both by their parents and Cub Scout leaders," said Art Roy, chairman of the Pinewood Derby for Pack 173.

There were three car tune-up clinics offered, each consisting of a technical inspection and registration.

Derby cars were inspected to insure they didn't exceed the maximum weight and size requirements set forth by the Boy Scouts of America. Graphite was then added to the axles and alignments were checked insuring a fast run down the race-track. Once registered, the cars were transferred to the O'Neill building Friday night, for the all-day event on Saturday.

Each of the seven dens in Pack 173 ran a double elimination race in the morning to decide who would represent their den at the pack level race that

evening. The Scouts then voted on which car in their den was the "coolest" looking.

By nightfall there were only seven racers left of the 45 participants.

As the scouts entered the atrium they voted for the best looking car for the entire pack. They then proceeded to the main event.

"The last three scouts in this double elimination would not only win a pack trophy but also earn the distinction of representing his pack at Burlington Mall, in the Patriot District Pinewood

Derby Saturday," said Mr. Roy.

The millennium Pack 173 Pinewood Derby winners are: third place, Chase Dalton from Wolf Den # 4, The Cobras; second place, Steven Thorton from Tiger Den #1, Cool Cats and Cub Scout Pack 173's first place Pinewood Derby winner and Best Looking Car winner is Robert "RJ" Noriega, Bear Den #2, Claws.

"I want to pass on my congratulations to you RJ, and to all of the scouts who participated in this years Pinewood Derby. The Pinewood Derby is about scouts being creative, competitive and having fun. I am proud of all of the racers, they all showed great sportsmanship and they all have earned the right to say, 'I did my best'," said Mr. Roy.



Airman Leadership School adapts to survive threat of closure

Classroom diversity becomes a strength

by **Chuck Paone**
ESC Public Affairs

Just a few months ago, Hanscom's Airman Leadership School was on the brink of closure. Today, reconstituted as the first and only ALS in the Air Force fully integrated with active duty, Air National Guard and Air Force Reserve members in each class, it is alive and thriving.

"We were shut down," said ALS Flight Chief Tech Sgt. Gary Davis. "We were packing up. I was getting rid of curriculum. Two of my people had orders [to transfer]."

Reductions in the number of airmen being assigned to Hanscom had led to a decision to close the school by last September.

While working to close the school, Hanscom had to develop alternative arrangements for those senior airmen who needed the course. Since no active duty senior airman can be promoted to staff sergeant without going through Airman Leadership Course, this was a critical requirement.

According to ESC Command Chief Master Sergeant Frank Holmes, Hanscom put together a team composed of enlisted members, including chief master sergeants, from throughout the base to review options. The team worked closely

with senior base leaders.

"It was a real team effort dedicated to ensuring that our young folks get the best and most cost-effective professional military education," said Chief Holmes.

Finding sufficient slots in other ALS programs was one of the options considered. That proved difficult, however, according to Sergeant Davis, in part because all the other units in New England that had been relying on the Hanscom ALS were now searching for alternatives too.

At the same time, the Massachusetts Air National Guard, which had generally run eligible members through the Hanscom ALS during two special summer sessions, was searching for options to keep providing ALS training for its people on Hanscom.

"Eventually it became clear that the best viable option was to keep the Hanscom ALS open and operate it as a joint school," said Sergeant Davis.

Tech. Sgt. Michael Poirier, the Hanscom ALS Air National Guard liaison, is excited about this new operational mode.

This is a chance for Guard members to get "re-blued," Sergeant Poirier said. He noted that going through ALS with active duty members, as well as other guard members and reservists, provides a more enriching experience than classes exclusively or predominantly composed of guardsmen.

"This goes beyond the normal experience," Sergeant Poirier said. "It really gets people interested in seeing how the Air Force works."

Active duty members also benefit from this diversity, according to Sergeant Davis. In terms of helping its students understand the ideas behind the Aerospace Expeditionary Force concept, which stresses reliance on the total force, Sergeant Davis said the joint nature of the ALS at Hanscom puts it "way ahead."

"Everyone gains," said Chief Holmes, echoing the sentiments of Poirier and Davis and indicating that this could become an Air Force benchmark. "Everyone of the graduates of our first class said that they got a lot out of having different service components in the class."

The newly configured ALS graduated its first class in early March and commenced its second March 6. The present class has eight active duty members, six Guardsmen and one Reservist.



photo by Mark Wyatt

AFMC Command Chief Master Sgt. Marc Mazza speaks to Senior Airman Van H. Hoang, 66th Medical Group (left) and Senior Airman Michael C. Nelson, 66th Mission Support Squadron, along with other members of a recent ALS class.

Although the Hanscom ALS offers more diversity, Sergeant Davis and Poirier stress that the curriculum is the same. The five day-a-week course also runs the standard five weeks.

All preliminary signs indicate that the new Hanscom ALS is and will continue to be successful. The key to that success, according to Chief Holmes, was people working together "to do the right thing."

"I can't say enough about the way people pulled together to make this happen," he said.

Warrior Week: Added training instills a warrior mentality in new airmen

by **Capt. John N. Bryan**

Air Education and Training Command Public Affairs

Lackland AFB, Texas — A new rallying cry can be heard repeatedly rumbling through the confidence course and on the drill pads during Air Force basic military training now.

One airman yells, "Air pow-er!" Then dozens shout their response, "A-E-F!"

These enthusiastic calls represent the new warrior mentality stressed in today's Air Force training for new recruits.

Because the Air Force is transitioning from a 20th Century air power to a 21st Century expeditionary-oriented air and space power, a cultural change is requiring all Airmen to have a global, mobile warrior mindset. And, Air Education and Training Command is changing its basic military training operations in order to keep pace with the expeditionary aerospace force concept.

To support expeditionary operations, AETC initiated Warrior Week, a major change to Basic Military Training designed to educate new airmen on deployment skills and instill in them the aerospace warrior mindset.

Begun in October 1999, Warrior Week takes place during the fifth week of enlisted basic training at Lackland AFB, Texas. The week sets the expectation of an expeditionary environment in the new airmen by teaching them how to successfully operate in field conditions.

"This marks the beginning of a necessary transformation of our culture and mindset," said Chief Master Sgt. of the Air Force Jim Finch, at a ceremony culminating the first Warrior Week. "You've gained the basic knowledge and skills to help you understand deployment environments and how you must operate within them."

Warrior Week training includes going through mobility processing, M-16 weapons orientation, learning how to set up defensive fighting positions and establish field security and communications, and recognizing unexploded ordnance. It also teaches self-aid and buddy care, defensive reactions to nuclear, biological and chemical warfare, and the Laws of Armed Conflict and the Code of Conduct.

According to Tech. Sgt. Bryan Blue, section supervisor for Warrior Week, "the goal is for airmen to leave with the basic skills necessary to succeed while assigned to an aerospace expeditionary force anywhere around the world."

A ceremony marks their transition from "trainee" to the title of "airman" when they successfully complete Warrior Week. At this ceremony, the military training instructors present each airman with the "U.S." lapel insignia and the coveted Airman's Coin. The "U.S."

insignia recognizes that they are now authorized to wear "blues" the full service dress uniform for the first time in their Air Force career.

The coin carries additional special significance.

It features an eagle and the phrase "Aerospace Power" encircled by the words "Awarded on the occasion of becoming an airman in the world's best Air Force."

The other side of the coin depicts the Air Force's heritage and core values. The traditional "Hap Arnold" wings and star anchor it, which signify our roots in the Army Air Corps. As a reminder of the Air Force's birthday, "1947" is inscribed below the wings. Both elements are encircled by the Air Force Core Values: "Integrity First, Service Before Self, Excellence in all we do."

"The coin is a symbol of not only my hard work, but the hard work my flight has put in as well," said Airman

Ryan Hunnington, 25, at a recent Warrior Week culminating ceremony. "It (the coin) is a symbol of our core values," added Airman Hunnington, of Richmond, Maine, who is heading to explosive ordnance technical training school after completion of basic military training.

Airman Jennifer Park, a 20-year-old from New Jersey, added, "It was a great chance for me to learn how the military works and what things would be like if deployed to a forward base. The coin is a great idea and symbol of what I've accomplished, and is something I'm going to look back at in time and remember."

A uniform item has also been created to bolster the expeditionary mindset introduced by Warrior Week. A black battle dress uniform T-shirt will display a logo design based on the front of the Airman's Coin, featuring the same eagle, fiercely clawing its way out of a fiery red background above the words "Aerospace Power." The shirts are authorized for all AETC personnel as an optional BDU item, and are tentatively scheduled to be available through military clothing sales stores beginning March 24.

"The global climate is constantly changing and so is the Air Force," said Maj. Gen. Andrew Pelak, 2nd Air Force commander, who oversees all basic and technical training for AETC. "Warrior Week, the presentation of the Airman's Coin and the 'U.S.' insignia to the trainees, and the distinctive Aerospace BDU T-shirt serve to help introduce and sustain the EAF mindset."

"As the Air Force changes its operations to be more responsive to future demands on our nation's aerospace capabilities, our beginning enlisted training also now reflects that new direction," General Pelak added. "Basic military training has always focused on core values, teamwork and discipline, but now it also lays the foundation for airmen to succeed in an AEF."

"I feel very good about myself now that I'm an airman and am part of the Air Force team," said Airman Park.



Hanscom offers help for inhalant abuse problem

by Senior Airman Jason J. Ide
ESC Public Affairs

People don't normally think of items such as typewriter correction fluid, air-conditioning refrigerant, felt tip markers, spray paint, air freshener, butane and even cooking spray as potentially dangerous, but these common every day items are being used as drugs.

People, particularly young white males, in there early teens or younger are sniffing the fumes given off by these products to get high.

According to national surveys, inhaling abuse, or huffing as it is commonly called, is becoming one of the most widespread problems in the country.

Inhaling gases or solvents that are usually in common household products in order to experience a sudden, brief intoxicated state, said Jim Mitchell, Counseling and

Prevention Services at the Clinic.

Parents are uninformed about huffing and its effects on people who abuse it. Children are quickly discovering that these products are cheap, easily available, easy to hide and the easiest way to get high.

"On Hanscom a few summers ago there were reports of children on base accessing freon refrigerant from air conditioning units and inhaling those fumes," said Mr. Mitchell. "A recent on base school survey indicated inhalant abuse might still be a threat."

According to the National Inhalant Prevention Coalition more than a million people used inhalants to get high just last year. By the time a student reaches the 8th grade, one in five will have used inhalants.

Nearly all abused products produce effects similar to anesthetics, which slow down the body's functions, reports the coalition. Vary-

ing upon level of dosage, the user can experience slight stimulation, feeling of less inhibition or loss of consciousness, but huffing can also result in Sudden Sniffing Death Syndrome. People huffing can die the 1st, 10th or 100th time they use an inhalant, reports the coalition.

Some other effects of huffing include damage to the heart, kidney, brain, liver, bone marrow and other organs, says the Coalition. Results similar to Fetal Alcohol Syndrome may also occur when inhalants are used during pregnancy. Inhalants are physically and psychologically addicting and users suffer withdrawal symptoms. Withdrawal symptoms include hallucinations, nausea, excessive sweating, hand tremors, muscle cramps, headaches, chills and delirium tremens.

Users suffer a high rate of relapse, and require thirty to forty days or more of detoxification.

Some of the signs that a person is huffing are paint or stains on their body or clothing, chemical breath odor, drunk or dazed appearance, nausea, loss of appetite, anxiety, excitability and irritability, said Mr. Mitchell.

If a person or someone they know is in need of help for inhalant abuse, they can contact Mr. Mitchell at 3-4223 or the National Inhalant Prevention Coalition at 1-800-269-4237 for information on treatment centers and general information on inhalants.

"Prevention is our goal, to provide age appropriate information to our children, advising them that these materials are poisons and not drugs and that all safety warning labels should be respected for their health and safety, said Mr. Mitchell. "If abuse were suspected, involvement of the school counseling staff or other professional assistance would be worthwhile."



photo by Senior Airman Jason J. Ide
The items above may be used as inhalants. Be sure to place them out of reach of children.

Whoop, there it is!

The annual Chief Vs Eagles basketball game was held March 9 in the base gym.

Eagles claw Chiefs 49 to 44



Left: Senior Master Sgt. Michael Smith, 66th Air Base Wing, drives in for a point.

PEA slams CGOC 41 to 39



Right: The PEA battles the CGOC for another point.

(Photos by Troy Langenburg)

March into National Nutrition Month

by Frankie Cox
437th Medical Group

Charleston AFB, S.C. — March is National Nutrition Month, and this year's theme is "Food and fitness: health for a lifetime."

Proper nutrition and physical activity are important at every stage of life, so healthy eating and exercise go hand-in-hand with good health.

Healthy eating fuels physical activity at every stage of life. Healthy eating is all about what's right for you. You need to make good healthy choices that fit into your stage of life and lifestyle.

The dietary guidelines for Americans offer bottom-line advice and are the most current thinking of today's health professionals. They are meant to help all healthy people, ages two and older, make food choices that maintain or improve health. Decisions you can control over a lifetime can promote your health and quality of life.

The sooner you start the better. All foods fit into a healthful eating plan. There is no "bad" food — all foods can fit. Make sure you consider variety, balance and moderation as keys to eating healthy.

It is important to eat a wide variety of foods because no one food or food group supplies all the nutrients your body needs. Each week try one new food or recipe. When eating out, order something you've never tried before.

Having a good balance of your nutrient intake means eating enough, but not too much. Moderation means controlling the number of calories along with your intake of total fat, saturated fat, cholesterol, sodium,

sugar and alcohol.

Food and activity choices are personal. Choose nutrient-dense foods that are flavorful and ones that match your own preferences, needs, and lifestyle — even if and when your life and family situation changes. Good nutrition starts with you. Whether at home, at work, or dining out, good nutrition can and should be a part of your life style.

It's important to balance healthful eating and physical activity. Each day participate in physical activities that you like to do. You have to like what you're doing in order to stick with it. At least 30 minutes a day is recommended, but it need not happen all at once. Think about ways you may be able to incorporate more activity into your life. Even a few small changes in your eating and exercise habits can make a bit difference in how your look and feel.

Staying fit improves your chances for a higher-quality life. Being fit, physically, emotionally and mentally, gives you a better chance at a higher quality of life and perhaps a longer life.

Fitness can help increase longevity and improve your self-esteem and ability to manage stress. You'll be more productive, safe at work, and better equipped to go through life. You never reach a point where it's too late to start leading a more active life. You can improve your quality of life at any point in your life by getting into the habit of regular physical activity.

Try to fit exercise and physical activity into your daily routine by also using the variety, balance and moderation keys:

□ Variety: Try different types of physical activities because you use different muscle groups.

□ Balance: Use weight bearing activities to strengthen bones, stretching and bending for flexibility, resistance exercises for muscle strength, and aerobic activities for cardiovascular endurance.

□ Moderation: Have a minimum goal of 30 minutes of moderate-intensity physical activity over the course of the day, on most, if not all days of the week.

You can benefit by charting your course toward achieving overall fitness.

Learn and acquire eating and physical activity habits that you can live with for a lifetime. Gradual changes for health are often easier and more effective in the long run than trying to change everything at once. Take one month at a time — or even one-day at a time.

According to the U.S. Department of Agriculture, there are ten guidelines that point the way to good health.

□ Aim for a healthy weight

□ Be active each day

□ Build a healthy base

□ Let the Food Pyramid guide your food choices

□ Choose a variety of grains daily, especially whole grains

□ Choose a variety of fruits and vegetables daily

□ Keep food safe to eat

□ Choose a diet that is low in saturated fat and cholesterol and moderate in total fat

□ Choose beverages and foods that limit your intake of sugars

□ Choose and prepare foods with less salt

□ If you drink alcoholic beverages, do so in moderation

For information on nutrition, call Hanscom's Health and Wellness Center at 3-6560.

Census jobs open to family members

Are service members allowed to work temporary Census jobs?

With the 2000 Census beginning this spring, there have been many requests for information on who is eligible to work for the Bureau of the Census.

When considering employment

opportunities with the Census, remember that federal law prohibits uniformed service members from receiving additional pay or allowance for performing other service or duty (e.g. census operations).

However, all non-military family members, including many

non-citizens, are eligible to apply for these Census temporary jobs.

For information and application instructions, interested people should call toll free 1-888-325-7733 to receive specific information about Census job opportunities in their area.



photo by Mark Wyatt

Deb Hanley of Plans and Programs explains the Activity Based Costing web-based data collection tool as Bob Webster follows along. AWACS has begun ABC training, and other organizations are scheduled over the next few months.

New volunteer award recognizes long term service

by **Jacqui Thomas**
Volunteer Resource Program manager

In an effort to recognize long-time volunteers, Hanscom will present a new award during the 5th Annual Volunteer Salute, which will be held April 27 at 1 p.m. in the ballroom at the Officers' Club.

The Air Force Volunteer Excellence Award was established by the Air Force Chief of Staff to recognize DoD federal civilians, military, family members and retirees who perform outstanding long-term volunteer community service, which benefits the community and reflects favorably upon the Air Force.

At Hanscom, nominees are considered for service rendered for one or more years.

There are a number of volunteers who have served for many years, in many countries and states for numerous volunteer agencies.

This award recognizes their long-term commitment to programs and communities.

Some volunteers are so much a part of the everyday scene in work areas that out-

siders think they are on the payroll. In fact, they show up to work ready and able to complete or initiate whatever task is needed.

Year end and year out they are faithful to that which they have committed themselves to perform and often go far beyond the call of duty.

These are the types of volunteers who will be recognized with the Volunteer Excellence Award.

This award differs from quarterly and annual volunteer awards in several ways.

The focus of the quarterly and annual awards is on volunteer service rendered for the previous quarter or year that directly affects the Hanscom community.

This award considers long-term volunteerism performed by someone associated with the Air Force who positively impacts the base, the community surrounding the base and his or her local community.

Nominations for this award may be submitted to Jacqueline Thomas, 66 MSS/DPF, 20 Kirtland Street, Hanscom AFB, Mass., 01731. Deadline for submission is March 28.

Baby Catalog arrives in exchanges March 30

Dallas — The Army and Air Force Exchange Service has announced its newest arrival, the first ever Baby Catalog. The catalog will be available in military exchanges worldwide March 30.

The Baby Catalog has everything that baby needs, from birth to those first steps and into the potty training years. It is filled with brand name merchandise.

The catalog also has the latest maternity fashions

for mom.

Don't forget about our Exchange On-Line Store. All Exchange Catalogs are now available on-line to make your shopping easier. Just log on during baby's naptime.

Anyone with exchange privileges can order from this catalog and the catalogues are available free at any exchange.

Positive attitude

toward safety will pay off in countless ways — keeping job, saving money, even saving lives

by Staff Sgt. D. Brown
ESC Safety Office

You’ve been getting advice about safety for years. You’ve listened to it with one ear, but maybe you never thought about it much. Deep down, you may even think, “It can’t happen to me.” Then, your buddy Bob (who’s in a hurry to get off work) has a bad accident. It costs him his hand.

The accident affects everyone — especially you. You can see what it means to Jack — physical pain, emotional shock, and lost income ... He’ll have to train for a new job, and his wife will work longer hours.

Things are going to be tough for him and his family for a long time. After the accident, you notice your attitude at work has really changed. You make a point of staying alert. You take extra time to use special equipment and procedures. You’re more willing to take suggestions that might protect you.

Why wait for this to happen to you? A positive attitude toward safety will pay off in countless ways — saving you

money, keeping your job, and even saving your life.

Why wait until something goes wrong before you realize how easy it would have been to change the situation? Now is the best time to develop a good attitude toward safety.

A good safety attitude. How you deal with these elements adds up to your safety attitude. A good attitude is a habit you can learn.

☐ Focus. A good attitude means you are focused on the present task. How well are you concentrating? If something else is on your mind or an interesting conversation is going on nearby, you may be distracted. If you’re tired or bored, an accident is easy to happen.

☐ Time. A good attitude means taking time to do the job right. Sure, it takes longer to put on that extra equipment. But is saving a few minutes worth a painful injury? A good attitude also means managing your time well. It may help you to make a list of what you need to do each day. Number the jobs going from most important to least. If you can do them in that order, you’ll know you’re doing the most important things and are less likely to rush.

☐ Strength. No, not muscle strength, but the strength to do

what’s right. Others may want you to take shortcuts or fool around. They may ask you to “forget” to file an accident report. A good attitude means you have the strength to do the right thing.

☐ Responsibility. If you care about yourself and others at work, you’ll take responsibility even when a certain task “isn’t my job.” Wouldn’t you appreciate it if someone had cleaned up that broken glass instead of leaving it for you to find as slivers in your hand? A good attitude means thinking of yourself as part of a team. Everyone helps make it a winning one.

☐ Risk. There’s no way to avoid all risks. (Just by getting in your car you’re taking a chance.) But you can weigh the risks of doing a job in a certain way. Even if the risk is one in a thousand, it’s not worth it. A good attitude means being smart and avoiding taking risks whenever you can.

Your attitude toward safety is a habit that affects everyone where you work and at home. There are always excuses for not acting with safety in mind, but in the end, it makes a lot more sense to have a good safety attitude.

Why take a chance on ending up like Bob?

Jumper (from page 1)

General Jumper also spoke about the need to eliminate “stovepipe” systems that do not interoperate with each other in Air Operations Centers. He pointed out that AOCs should be acquired the same way as aircraft or other weapons systems are, as one integrated system, rather than a group individual systems designed without regard for the other systems they must operate with.

“The Air Operations Center has too long been a collection of stovepipes that don’t know how to talk to one another,” he said. “When I

say ‘develop an AOC as a weapon system,’ one of the things I am talking about is the way the services go out and buy their weapon systems, in our case airplanes. You do your interface with users, you go and talk to the pilots and the mechanics about what it’s going to take in this airplane to make their job easier, but at some point you don’t ask anymore. You’ve got to freeze the design, get it into the field, and then you start doing the product improvements. We do that with airplanes, we need to do that with command and control. We have to stop taking

the input from every user as a new requirement, because we’ll never get there.”

General Jumper said he looks forward to working together with ESC to integrate command and control systems over the coming years.

“I hope, in my tenure as commander of Air Combat Command, we have an iron-clad relationship between our two commands,” the general said, “to work this problem and wrestle it to the ground, get ourselves a workable concept of operations, and start putting things into the field that look like weapon systems.”

AF has new risk management tool

by **Lt. Col. Terry Kennedy**
ESC Safety Office

In an effort to enhance Operational Risk Management application and integration capabilities, the Air Force’s Risk Management Information System was recently expanded with the fielding of the Total Risk Assessment Control System.

TRACS is an automated on-line risk management tool that facilitates the risk assessment of virtually any activity at any level.

The software will step you through the process of performing an actual ORM assessment on a subject or process of your choosing.

TRACS is based on the Air Force’s six-step ORM process and includes a variety of tools and techniques for users to employ.

The system also includes both on-line “how to” videos and a TRACS user’s manual. Like RMIS, TRACS is restricted to dot mil (.mil) users and is currently not capable of supporting classified assessments. A classified capability is planned for the future.

TRACS is located on the Air Force’s RMIS site at <http://rmis.saia.af.mil>.

Using RMIS and TRACS will significantly enhance your ORM application and integration efforts. Comments and recommendations on ways to improve these tools would be appreciated.

Provide feedback to John Phillips, Air Force ORM Program manager, at DSN 246-0728 or Phillipj@kafb.saia.af.mil.

High-tech “Air Force Experience” hits the road

by Master Sgt. Tom Clements
Air Force Recruiting Service Public Affairs

Randolph AFB, Texas - The “Air Force Experience” — a high-tech, interactive attraction designed to showcase career opportunities and help reconnect the Air Force with the American public — has taken to the road on its 30-city national tour.

The AFE will arrive in a new city every Thursday from February through September, first stopping at a local high school and then setting up in the parking lot of a shopping center or a major retailer to welcome visitors all day Saturday and Sunday.

“The Air Force Experience is a fresh approach to educating the American public about the mission of the Air Force and assisting recruiting in today’s competi-

tive market,” said Brigadier Gen. Peter U. Sutton, Air Force Recruiting Service commander.

The road show is self-contained in two customized, brightly painted 18-wheelers. One tractor-trailer holds an F-16 Fighting Falcon static display, while the other contains computer kiosks, a mission briefing room, flight simulators, and an external 7-foot by 7-foot video screen.

Designed to ignite the interests of young adults between the ages of 17 and 25, the 20-minute interactive experience includes a video presentation and a high-speed virtual mission in a flight simulator. As they exit, each visitor gets a commemorative Air Force Experience photo ID card as well as a credit card-sized CD containing an overview of the Air Force, a computer screensaver, and a link to the Air Force recruiting Website, www.airforce.com.

“Taking the display with a real F-16

out to places where Americans rarely see the Air Force up close is a win-win situation,” Sutton said. “Americans can learn firsthand what their Air Force is doing, and it provides recruiters a great forum for our message about opportunities for young men and women to become part of the world’s greatest air and space force.”

About two years ago, Gen. Lloyd “Fig” Newton, commander of Air Education and Training Command, hosted a recruiter summit where more than 50 recruiters examined the recruiting process. One of the many ideas that surfaced was the need for the rebirth of traveling Air Force displays and visits.

In 1946, General Henry “Hap” Arnold founded the original traveling display, known as the Air Force Orientation Group. At its height in the 1980’s, AFOG had more than two-dozen tractor-trailers moving across the country. The personnel

drawdown of the early 1990s forced the inactivation of the group, and AFOG officially closed in April 1992.

“More than 1,000 recruiters are spread across our great country, working long hours to satisfy the Air Force’s personnel requirements,” Sutton said, during an unveiling ceremony Jan. 25, at Randolph AFB, Texas. “For the most part, the young men and women they encounter know little about the Air Force.”

The current AFE schedule is concentrating on areas that have little or no military presence. “We’re focusing on those high population areas that don’t have Air Force bases nearby and don’t have ‘blue suiters’ living in their communities,” added Sutton. “We want to reach a part of America that will see the incredible benefits and opportunities waiting for them in the United States Air Force.” *(Courtesy of AETC/PA News Service)*

MTD (from page 1)

Command Chief Master Sergeant, Chief Master Sgt. Frank W. Holmes as the overall point of contact for this program.

Chief Holmes wants ESC to know that this program is a supervisory responsibility that this training day will help to enhance.

“As our Air Force continues to be an expeditionary force going wherever and whenever tasked, our responsibility to ensure our folks are trained and ready to deploy at a moments notice has never been greater,” said Chief Holmes. “It’s an individual but even more a supervisory responsibility to mentor our folks in the skills and knowledge it will take not only to survive, but to win future conflicts. The Airman’s Manual is an excellent tool to help facilitate this training.”

An example of the training to be conducted would be the training scheduled for April.

In April the training will include the Law of Armed Conflict, host nation relations and pallet construction.

“The Law of Armed Conflict will be covered in three different ways, providing flexibility to supervisors,” said Chief Holmes. “The first will be two briefings by the Judge Advocate General’s office in the Base Theater, but if folks are unable to attend those they can also use the interactive training on Centernet or have their supervisor teach it straight out of the Airman’s Manual.

“Host nation relations and pallet construction will be will be taught by the supervisors, with the pallet construction portion also having a demonstration and performance phase for the supervisors to show the trainees exactly what the finished product will look like.”

The training will cover different subjects each month. The subjects will be listed on the Commander’s Access Channel, Channel 76, as well as in the Hansconian.

“The end result of this training will be better prepared airmen and a more effective force for our nation’s defense,” said Chief Holmes.

TRICARE help available by phone

Headquarters Air Force Personnel Center has established an inquiry line and email address for those experiencing problems with Tricare Family Member Dental Plan.

The number and E-mail can be used by the MPF Customer Service Section to establish initial requests for resolution.

Military sponsors and family members can also use this number to check on the status of their requests, but you must first establish a case file with the MPF.

For information, stop by the Military Personnel Flight Customer Service Section at 3-2276, call the toll free number at 1-800-558-1404, or email *call-center@afpc.randolph.af.mil*.

Today

Wives' Clubs offer scholarships

For the eighth year the Hanscom Wives' Clubs will join forces and combine the fruits of their individual fund-raisers to provide scholarships for some outstanding high school seniors and spouses in May.

There will be two special category awards. One will be in engineering and the other to a vocational-technical school.

All applications must be postmarked by today. All eligible students are urged to apply.

Selections will be made by a panel of impartial judges, who are in no way affiliated with the Hanscom wives' clubs.

Contact Dianne Popik at 275-3888, Ann Philips at 274-8048 or Lois LaFleur at 274-8110 for information.

Wednesday

Hanscom Primary School registration

Kindergarten registration for September 2000 will be held Wednesday from 12:30 a.m. to 2:30 p.m. and Thursday from 9 a.m. to noon.

Children must be five years old by Sept. 30. Bring your child's birth certificate or passport and immunization records.

For information, contact the school office at 274-7721.

How to succeed at business

"How to succeed at business without really trying" will be presented by the Bedford High School Music Department, Wednesday, Thursday and March 24 and 25, at 8 p.m. in the High School Auditorium.

Advance tickets are \$10, night of the performance \$12.

Tickets are available at Davidson's Pharmacy, the school office or by calling 274-1225.

Upcoming and Weeklies

Voting Assistance line established

A voting assistance line has been established at 3-VOTE (8683) to help potential voters get registered.

Anyone who has a question or problem can call the line and leave a message including their name

and phone number. A voting counselor will call you back by the next business day.

Retirement Ceremony

A retirement ceremony for the special assistant to 66th Air Base Wing commander, Col. Robert J. Gmyrek, will be held March 31 at 10:30 a.m. in the Officers' Club Ballroom.

Scholarships available

The Retired Officers Association, Paul Revere Chapter, is accepting applications for its annual scholarships to students at four-year colleges.

The typical award will be about \$1,000.

Children of active duty military personnel stationed at Hanscom, children and grandchildren of members of the Paul Revere Chapter and TROA are eligible.

The deadline for submitting applications is April 30.

Applications are available at the Education Center Customer Service Desk and by requests to retired Lt. Col. Paul Sullivan via email at sullivanp@empire.net or call at (978) 433-9909.

Government-wide Purchase Card Program training

Cardholder Training will be held March 28 at 8 a.m. to 12:30 p.m., and a Billing Official Training March 29 at 8 a.m. to noon.

To reserve seats e-mail ESC/PKOIMPAC@HANSCOM.AF.MIL or call 3-4130, 3-7060 or 3-6876.

Joint-sponsored "Mini - PDI 2000"

A financial management Mini-Professional Development Institute is scheduled for April 6 at the base Conference Center.

The featured speakers will be Maj. Gen. Everett Odgers, Headquarters Air Force Materiel Command comptroller, and Hyrum Smith, chairman of Franklin Covey Co. and author of "The Ten Natural Laws of Time and Life Management." Air Force, Department of Defense and private-sector speakers will offer workshops on fraud, privatization, reducing total ownership cost, the role of military financial management, and the impact of finance on information technology.

Mini-PDI 2000 is open to military, civilian and contractor personnel. The cost is \$170 for members or \$190 for non-members and can be paid by check or by DD Form 1556. For registration information contact 3-6614 or e-mail Tom.Oko@hanscom.af.mil.

Employee appreciation day

The North Suburban Chamber of Commerce is sponsoring an Employee Appreciation Day April 28 at the Ramada Inn in Woburn, which is located on 15 Middlesex Canal Park Road.

The event, which features a luncheon and fashion show by Dress Barn, will begin at 11:30 a.m. and concludes at approximately 1:30 p.m.

Cost for the event is \$25 for Hanscom employees. Those wishing to attend should contact and provide payment to Theresa Feely at 3-5191.

Business after hours networking

Business after hours networking will be held March 28, 5:30 p.m. to 7:30 p.m. at the Asia Grove Restaurant, 340 West Cummings Park, Woburn.

The Asia Grove can be easily reached from Route 128 by taking Exit 36 (Washington Street) and following signs to Cummings Park.

Cost for this event is \$5 for

Hanscom employees and can be paid to the Chamber in advance or at the door.

However, if you wish to attend, contact Chuck Paone at 3-5078, by March 21.

Chiefs induction ceremony

The Hanscom Chiefs Group will be holding a Chiefs induction ceremony for Chief Master Sgt. Cheryl Kristant, Massachusetts ANG, Chief Master Sgt. John Gordon, AF Reserves, Senior Master Sgt. Steven Spellberg, MITRE/OL-A, Senior Master Sgt. Wendy Brown, ESC/CC and Senior Master Sgt. Lois LaFleur, 66th MSS/DPE.

The ceremony is scheduled for March 24 at the Enlisted Club. There will be cocktails at 6 p.m. and dinner will be served at 6:30 p.m. Cost is \$22 per person (club member).

For tickets call 3-5115.

Dress for the evening will be mess dress for military and formal attire for civilians.

Officers' Wives' Club Scholarship Ball

The third annual Officers' Wives' Club Scholarship Ball and Silent Auction is March 25 at 6 p.m. in the O-Club Ballroom.

The evening's attire is a mess dress or black tie and formal.

The Band of Liberty will be performing for everyone's dancing

pleasure following dinner.

The theme for this year's Ball is "Masquerade."

There will be over 100 items in the Silent Auction to include a weekend at the Cape, a diamond necklace, an oriental rug, an overnight stay at Foxwood and a Tiffany lamp.

Dinner will include filet mignon and jumbo shrimp. Cost for Field Grade and above, GS-12 and above, and Top Three is \$35 per person. All others are \$30 per person.

All proceeds from this event will benefit the OWC Scholarship fund.

Reservations are required no later than March 20.

For reservations call Pam Burwell at 274-0559.

Baseball positions available

Henry's Baseball Club welcomes players and coaches between the ages of 17 and 30 to play Sundays at 11 a.m.

For information call 891-0621.

Volunteers needed for scholarship ball


Volunteers needed to help with the Scholarship Ball, March 25.

There are a variety of things to volunteer for either in the daytime or evening.

If you need information, or are interested in volunteering call Cathy Duggan at 274-7452.

<i>Hanscom School Menu</i>			
Monday	Tuesday	Thursday	Friday
Hot dog on a bun, baked beans, carrot sticks, fruit and frozen treat	French toast sticks, sausage links, juice and fruit	S p a g h e t t i (meat sauce optional), garlic bread, green beans and fruit	Cheese pizza or fish patty on a roll, veggie sticks, fruit cup and cookies

Colonial





Theater

Friday 7:30 p.m. --THE HURRICANE - Rubin "Hurricane" Carter, a man whose dreams of winning the middleweight boxing title were destroyed when he was arrested along with another man for the murders of three people in a New Jersey bar. Wrongfully accused, Carter and John Artis were convicted and sentenced to three life terms in prison, where Carter decided to channel his frustration and despair by writing his own story from his cell. **R** (language and violence) **146 min** Starring: **Denzel Washington**

Saturday 7:30 p.m. -- THE TALENTED MR. RIPLEY - To be young and carefree amid the blue waters and idyllic landscape of sun-drenched Italy in the late 1950s; that's la dolce vita Tom Ripley craves - and Dickie Greenleaf leads. When Dickie's father, a wealthy ship builder, asks Tom to bring his errant playboy son back home to America, Dickie and his beautiful expatriate girlfriend, Marge Sherwood (Gwyneth Paltrow), never suspect the dangerous extremes to which Ripley will go to make their lifestyle his own. After all, it's better to be a fake somebody than a real nobody. **R** (violence, language and brief nudity) **139 min** Starring: **Matt Damon, Jude Law, Gwyneth Paltrow**

*Admission is \$3 for adults and \$1.50 for children. Schedule is subject to change without notice.
Call 3-7940 for movie information.*



photos courtesy of movieweb.com

What's Happening

Flower arranging class

The Youth Center is offering a Spring flower arranging class April 7 from 6 to 9 p.m. at the Community Center.

Cost is \$25. Those interested should register by April 3 and bring a pair of scissors to class. All other materials will be supplied.

Call 3-2833.

Outdoor Recreation

During April, Outdoor Recreation will give you 20 percent off all winter resale items to include hats, gloves, goggles and more.

Preferred Plus! members, show your card and receive an additional 10 percent off.

We also carry a full line of Patriot Golf Course merchandise.

Hunting and fishing licenses are available now. A fishing or hunting license is \$29 and a sporting license is \$46.50.

Call 3-5316 for information.

Teen volunteers needed

Teen volunteers are needed to help serve dinner at the Pine Street Inn homeless shelter on April 14 at 4:30 p.m. Transportation will be provided.

Also, teens can sign up now for "Dinner at Chilis" April 21 at 7 p.m.

Call the Youth Center for information.

Hanscom Lanes

Enjoy Family Bowling, every Saturday for \$7 per lane from 3 to 5 p.m. or 5:15 to 7:15 p.m.

King and Queen of the Hill Tournament is March 25 and April 8 and 22 at 7:30 p.m.

Glow Bowl is April 1, 15 and 29.

Reservations are required.

The next Skins Game is March 19 at noon.

For information, call the Bowling Center at 3-2237.

Sunday Brunch at the Officers' Club

The next Sunday Champagne Brunch is March 26 from 10:30 a.m. to 1 p.m. Join us for eggs, omelets, carved beef, ham and more. Only \$10.95 for adults and \$5 for children 6 to 12. Member discount available.

Auto Hobby Shop

During the month of April, show us that it is your birthday, and get a free stall or lift for that day.

Only \$16.95 gets you a complete oil, lube and filter change by appointment from April 3 through 7.

Get a free battery and alternator system check from April 24 to 28.

Now is the time to get the winter dirt off your car at the new "touchless" automatic car-wash located across from the Base Post Office.

Tickets and Tours

See the "Globetrotters" March 24 at 7 p.m. at the Fleet Center.

Visit the ITT office for Disney tickets, movie and museum passes, post cards, books, gift items, calling cards and more.

The ITT office is located in Bldg. 1530.

Outdoor Recreation ready for spring

by J.C. Corcoran
Services Marketing

With the spring and summer months rapidly approaching, everyone begins thinking about vacation time and what to do. Already getting ahead of the "game" are the folks at Outdoor Recreation.

Leading the way is Nicole Craver, Outdoor Recreation director.

She and the staff have begun the planning process of moving out winter recreational items to make room for all the summer gear.

It's a seasonal "migration" that the staff go through in order to provide the best service and product available for Hanscom personnel.

In the winter it's everything from ski boots to poles, including discount ski lift tickets and trips to the mountains of New Hampshire.

Come summer time it's camping gear that includes tents, sleeping bags, cooking equipment and more.

Other items include canoes, fishing gear and even outdoor barbeque grills that

can help serve up a meal to the largest of families.

Why they can even get your propane tank refilled with one-day service.

Having been around the military for a while, Ms. Craver's dad was in the Army, so she knows full well the importance of providing quality recreational equipment.

"Our job here is to help the Hanscom community enjoy their leisure time to the fullest extent possible by providing equipment to meet their needs. Here at Outdoor Recreation, we make every effort to vary our supplies and services as much as possible while at the same time providing a savings to our customers," said Ms. Craver.

She has been with the Services Squadron since 1995. Prior to that she worked as the Fitness Center programmer at Griffis AFB, Rome, New York.

She has a bachelors degree in recreation and leisure studies.

Major improvements have been made since her arrival, and she has plans for more.



Nicole Craver

"I hope to expand our rental and loan operation as well as improve our inventory. We don't have everything, but we are working on getting there. I also hope to expand our resale inventory to accommodate the needs of our customers as well as implement new and exciting Outdoor Adventure programs," said Ms. Craver.

Located in building 1530, Outdoor Recreation is a place to stop for summer recreational needs.

For information, stop by or call them at 3-5316.

Birthday Party Packages

Fun for Kids ... Easy for Parents
at Hanscom Lanes

There's no easier way to give your child an unforgettable birthday party than at the Hanscom Bowling Center!

On the day of the party, we will set up the room, supply the fun, and better still, we will do all the cleanup.



There are three party packages ranging in price of \$9.50, \$10 and \$11.50 per child. Call Joyce at 3-2238 for information.



Patriot Golf Course

Grand Opening Sale
The Golf Shop

Join us March 25 through April 1 from 8 a.m. to 5 p.m. as we offer 10 percent off everything in the shop.

We offer the latest in casual apparel at unbeatable prices on items from Ashworth, Nike Golf, LizGolf (by Liz Claiborne) and Polo Golf (by Ralph Lauren).

1999 closeouts from Cabretta Leather, gloves at \$5, shirts at \$15, selected shoes, golf balls and clubs.

For information, call the shop at 687-2396.



Begins April 3

If you are a club member, then beginning April 3 you automatically are a Preferred Plus! member.

Anyone with a valid base ID card is eligible to participate in the Services Preferred Plus! program. Whether you are an active duty, reserve or retired military member, DoD civilian, base contractor or dependent family member, you are eligible to enjoy the benefits of membership.

Members receive a 10 percent discount on goods and services at most Services facilities. Preferred Plus! members may qualify to win prizes in the monthly drawing simply by completing an entry form located in every Services Spotlights magazine.

Help Wanted!

Child Care Givers
\$ 9.43 /hr., Benefit Pkg.
E.O.E.
Fax resume to 3-7899
or call NAF HRO at
3-8741



Join and stay in shape with free aerobic classes, martial arts classes, therapeutic massage and more.

Try our new Kickboxing classes on Monday and Friday mornings.

Individual fitness assessments are available by appointment. See how fit you are for your age group.

Want to learn how to play tennis? Then give us a call.

We are preparing for the 11th Annual Battle Road Run. If you'd like to help out, call at 3-3639.

Employment

❑ **Finding and applying for federal jobs** will be held at the Family Support Center Wednesday from 11 a.m. to 1 p.m.

Learn how to find and apply for federal jobs. Know what your options for applications are and how to complete applications to give yourself the best chance of success in your job search.

Bring your lunch.
Call 3-4222 to register.

❑ **Resume critique clinic** will be held at the Family Support Center Thursday from 11 a.m. to 1 p.m.

Resumes are openly reviewed by employment assistance specialists and group attendees.

This is an opportunity to get feedback on your work and to learn from others.

Class size limited to six. Bring your lunch.
Call 3-4222 to register

Fitness enhancement

❑ **Carpal tunnel syndrome prevention class** will be held at the HAWC Monday from 11 a.m. to noon.

Carpal tunnel syndrome is a health hazard afflicting many office workers today.

If you work on a computer and are concerned about injuring your wrists come to the Carpal tunnel syndrome prevention class.

Call 3-6560 to register.

❑ **Back safety class** will be held at the HAWC Monday from 9 to 10 a.m.

Learn to build a stronger, more flexible, more fit back and how to prevent straining your back.

Call 3-6560 to register.

❑ A **cholesterol screening** will be held at the HAWC Friday from 8 to 10 a.m.

Call 3-6560 for an appointment time. Registration is required.

Work and life

❑ **Partners in care** class will be held in the clinic Tuesday from 5:30 to 6:30 p.m. and Thursday from 10 to 11 a.m.

Call 3-6560 to register. Registration is necessary.

❑ **How to be the master of your destiny** will be held at the Family Support Center Monday from 5:30 to 7:30 p.m. Rich Catrambone, one of the presenters, will discuss how to effectively manage job and life changes, techniques for coping with and thriving through change, and how to ultimately turn change into opportunity and take back control of our own destinies.

Call 3-4222 to register.

❑ **He said, she said** will be held at the Family Support Center Monday and Tuesday from 11:30 a.m. to 12:30 p.m.

A workshop for men and women focusing on differences and similarities in communication styles, how to communicate more effectively and how to achieve the goal of understanding what he and she really said.

Presented by Jane Epstein of Concord Family Service.

Call 3-4222 to register.

❑ **Investment concepts** will be held at the Family Support Center Tuesday from 5:30 to 8 p.m.

Keep your costs low, keep your funds diversified and keep your investments on track.

Nobel Prize winning investment techniques and portfolio risk management concepts you won't hear about on Wall Street.

Call 3-4222 to register.

❑ **Sponsor training** will be held at the Family Support Center Wednesday from 2 to 3 p.m.

Learn what to expect, what is expected of you and what base resources you can use to ensure the incoming service personnel and families have a smooth move to Hanscom.

A prerequisite for all sponsors. (Choose which session is best for you).

Call 3-4222 to register.

❑ **Inbound relocation seminar** will be held at the Family Support Center Friday from 9 to 10 a.m.

Welcome new Team Hanscom members.

Receive an official introduction to Hanscom's settling in services for new arrivals: local community information, spouse employment, volunteer opportunities, homefinding, budgeting and more.

Thrift Shop, 274-8079

❑ The Minuteman Thrift Shop's normal business hours are Thursday, Friday and Saturday 10 a.m. to 2 p.m. for sales.

The Thrift Shop is open Thursday and Friday 10 a.m. to 1 p.m. for consignments.

Air Force Sergeants Association

❑ The Air Force Sergeants Association is an organization of enlisted people fighting for your needs such as tuition assistance, educational funding, dorm privacy, better retirement system, and pay and cola you can live with.

If you are enlisted, this is the one to belong to. At over 150,000 strong, AFSA is the recognized "Voice of the Enlisted" on Capitol Hill.

AFSA Chapter 161 at Hanscom is gearing up for a year full of opportunities, professional growth and camaraderie. Come join us at the next meeting March 23 at 11:30 a.m. to 12:30 p.m. at the Enlisted Club.

For information call 3-6940 or email Senior Master Sgt. Karl Van Biene at *vanbienek@hanscom.af.mil*.

Patriot Enlisted Association

❑ The PEA is an open forum for technical sergeant's and below to discuss ideas and issues as peers. We foster teamwork, camaraderie for each other and the Hanscom community so we can make the difference happen. As a body of peers we can put a voice to housing, community involvement, and Quality of Life issues to the ESC command chief master sergeant.

For information contact Staff Sgt. Chris Kanski at 3-4923 or e-mail *Chris.Kanski@hanscom.af.mil*.

Patriot Senior NCO Association

❑ The association is a professional membership association for senior noncommissioned officers, active duty and retired.

The group actively supports the men and women of Hanscom and the surrounding communities. The Top Three also serves as a base network for problem solving and encourages comradeship.

Meetings are held the last Tuesday of every month at the Enlisted Club.

For information call Master Sgt. Darryl Lindgens, 3-3459.

Company Grade Officers' Council

❑ The Company Grade Officers' Council is made up of all lieutenants and captains in the Air Force. You need not do anything to become a member - you are one by default. How much you participate in this organization is up to you.

The Hanscom CGOC is a place to meet other junior officers outside of the workplace and participate in a dynamic organization.

The CGOC tries to get involved in a wide variety of activities from community service and social gatherings to professional military development. So, if you're interested in any of this, come to one of the meetings.

For information, contact the CGOC Executive Board: 2nd Lt. Jeremy Miller, president, 3-1668; 2nd Lt. Malcolm Mangels, vice president, 3-8384; - 2nd Lt. Sarah Kreps, executive officer 3-6933; 2nd Lt. Liane Witt, assistant executive officer, 3-4704 and 2nd Lt. Kyle Oyama, treasurer, 271-1186 Ext. 8391.



Chapel, Bldg. 1603, 3-3538

❑ **Catholic Masses:** Saturdays at 5 p.m., Sundays at 7:30 and 11 a.m. and weekdays at 12:05 p.m.

❑ **Protestant worship:** general Protestant Service — Sundays at 9 a.m.; Gospel Service — Sundays at 12:30 p.m.

❑ **Jewish services:** the first and third Friday of the month from 11:30 a.m. to 12:30 p.m.

❑ **Eastern Orthodox:** for information contact Tech. Sgt. James M. Boubonis at 274-8714.

❑ **For information** on Chapel services, call 3-3538 or 3-3539.

Chapel Events

Protestant skating trip

The Protestant Chapel will host a family trip to the Wal-Lex Skating Rink in Waltham on Saturday.

A bus will depart from the Chapel at 3:30 p.m. and return around 7 p.m.

All ranks military are invited to stay for a pizza supper upon return.

The trip is open to all military and civilian members, call Chaplain (Capt.) Dennis Saucier for costs and registration.

Catholic Lent program

The Catholic Community will sponsor "Stations and Soup" each Wednesday evening during Lent.

Program begins at 5 p.m. with the Stations of the Cross followed by a light meal.

This Wednesday's program will be hosted by the Cursillo community and will be an informative night for new and old alike.

For information contact Pam Willey at 3-3538.

Jewish Sabbath observance

The Jewish community will hold a Sabbath observance today from 11:30 a.m. to 12:30 p.m. in the Chapel conference room.

Rabbi Daniel Gropper will lead in prayer and religious discussions with an Oneg to follow.

All Hanscom personnel are invited to attend.

Deployed chaplain returns

The Catholic and Protestant parishes welcome home Chaplain (Lt. Col.) Tom Sandi, 66th Air Base Wing chaplain, from his 90 day deployment to Tuzla, Bosnia.

You are invited to hear of Chaplain Sandi's experiences at any of the regularly scheduled masses.